

ATLAS

H I G H P E R F O R M A N C E

Position Title: Assistant S&C Coach

Assistant Strength and Conditioning Coach – Part-Time

Supervisor: Lead S&C Coach & Head of Performance

General Job Description:

The Assistant S&C Coach is responsible for establishing and maintaining strength and conditioning programmes for all clients/members, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The S&C Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning classes/sessions as needed. The S&C Coach meets regularly with Atlas High Performance coaching staff to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the S&C Coach will consult with the point of contact (physio/athletic therapist). The S&C Coach is responsible for maintaining the strength and conditioning facility, and for establishing policies, plans, and procedures for the safe and professional operation of the facility.

Essential Duties and Responsibilities

1. Design and implement strength training and conditioning programmes in-season, off-season, and pre-season for all facility-sanctioned male and female athletic programs in a manner that reflects research-driven practices and our facilities training philosophy.
2. Work in cooperation with the athletic training staff & external physiotherapists in the rehabilitation and strengthening of injured athletes.
3. Facilitate a collaborative relationship among sport coaches, athletic therapy/physiotherapists, and the strength and conditioning staff.
4. Design and implement policies and procedures for the strength and conditioning program in accordance with Atlas High Performance philosophy of coaching..
5. Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
6. Engage in departmental discussion on an annual budgetary proposal for the facility that includes routine maintenance, purchase of new equipment, and staffing needs.
7. Determine and reinforce expectations for athlete conduct that mirror the company's expectations for curricular and extra-curricular activities, as stated in the facilities Code of Conduct.

Peripheral Duties and Responsibilities

- Design and instruct curricular strength and conditioning sessions, as needed.
- Design & coordinate a co-curricular novice level program exposure for ages 11-14 that serves as a strength and conditioning introduction reflecting research-driven practices and our facilities coaching philosophy.
- Provide S&C support to linked sports groups & teams as needed.
- Awareness around evidence based nutritional strategies in an effort to limit the spread of misinformation.
- Regular admin work.
- Other duties as assigned.
- The above is not an exhaustive list and roles and responsibilities may be added at the discretion of the Supervisors.

Qualifications

- BSc in Strength & Conditioning or related field.
- Holding up to date insurance, or be in a position to acquire insurance before start date.
- Current coaching badges in at least 1 sport.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for the youth athletic population.
- Strong motivational abilities and interpersonal skills.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

Work Environment

Must be able to work within various degrees of noise, temperature, and air quality. Work surfaces will vary from concrete to grass to rubber matted floors. Job responsibilities require both inside and outside assignments. Interruptions of work are routine. Flexibility and patience are required. Must be self-motivated and able to complete job assignments without direct supervision. Evening and weekend work will be expected. May make site or pitch visits when needed and appropriate. Must be able to work under stressful conditions.

Conditions of Service

The assistant S&C coach must be able to clear garda vetting. The position is a part-time contract initially, with a view to creating a full time position within the company. Part time contract is a minimum of 16 hours per week at a rate of €12.50/hour.